



Broiled Salmon with Corn Relish



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



357 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup corn kernels frozen thawed
- ☐ 3.5 cups fat-skimmed chicken broth
- ☐ 1 tablespoon mint leaves fresh chopped
- ☐ 3 tablespoons juice of lime
- ☐ 2 oz pimientos diced drained
- ☐ 1 cup polenta
- ☐ 0.3 cup onion red chopped
- ☐ 1 pound boned salmon fillet with skin (maximum 1 in. thick)

☐ 4 servings salt and pepper

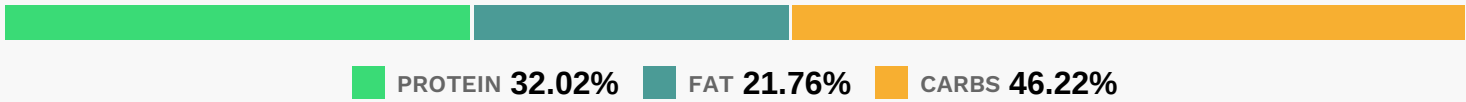
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ spatula

Directions

- ☐ In a 5- to 6-quart pan, combine polenta and broth. Stir over high heat until mixture boils, then reduce heat and simmer, stirring often, until polenta is smooth to taste, about 15 minutes.
- ☐ Meanwhile, rinse fish and pat dry; cut into 4 equal pieces.
- ☐ Sprinkle lightly all over with salt and pepper.
- ☐ Lay salmon skin side up in a lightly oiled 10- by 15-inch pan.
- ☐ Broil about 4 inches from heat for 4 minutes. With a wide spatula, turn salmon over and broil until fish is opaque but still moist-looking in center of thickest part (cut to test), 3 to 4 minutes longer.
- ☐ Meanwhile, in a small bowl, mix corn, pimientos, onion, lime juice, and mint.
- ☐ Spoon polenta equally onto plates.
- ☐ Add a piece of salmon to each and garnish with corn relish.
- ☐ Add more salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:18, Glycemic Load:0.53, Inflammation Score:-6, Nutrition Score:22.207826173824%

Flavonoids

Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg Hesperetin: 1.14mg, Hesperetin: 1.14mg, Hesperetin: 1.14mg, Hesperetin: 1.14mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg

0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.76mg, Quercetin: 2.76mg, Quercetin: 2.76mg, Quercetin: 2.76mg

Nutrients (% of daily need)

Calories: 356.9kcal (17.85%), Fat: 8.59g (13.21%), Saturated Fat: 1.29g (8.07%), Carbohydrates: 41.05g (13.68%), Net Carbohydrates: 38.89g (14.14%), Sugar: 3.6g (4%), Cholesterol: 62.37mg (20.79%), Sodium: 1144.06mg (49.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.44g (56.88%), Selenium: 52.87µg (75.53%), Vitamin B12: 4µg (66.72%), Vitamin B3: 11.07mg (55.34%), Vitamin B6: 1.09mg (54.41%), Vitamin B2: 0.54mg (32%), Phosphorus: 305.85mg (30.59%), Vitamin B5: 2.5mg (25%), Vitamin C: 20.16mg (24.43%), Vitamin B1: 0.35mg (23.33%), Potassium: 790.95mg (22.6%), Copper: 0.39mg (19.28%), Magnesium: 55.16mg (13.79%), Folate: 53.57µg (13.39%), Vitamin A: 584.21IU (11.68%), Iron: 2.09mg (11.6%), Manganese: 0.18mg (8.82%), Fiber: 2.15g (8.61%), Zinc: 1.14mg (7.59%), Calcium: 32.37mg (3.24%), Vitamin K: 1.69µg (1.61%), Vitamin E: 0.18mg (1.22%)